



MIAMI SPRINGS ADULT COMMUNITY CENTER

101 Apache Street, Miami Springs, Florida 33166



AUGUST 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chair Yoga 9:30AM & 11AM Lunch 11AM-2PM Open Gym*	3 Chair Yoga 9:30AM Only "Happy Knitting" 10am-11am Lunch 11AM-2PM Tai Chi 11:30AM Open Gym*	4 Chair Yoga 9:30AM & 11AM Lunch 11AM-2PM Open Gym*	5 Lunch 11AM-2PM Tai Chi 11:30AM Monthly Book Club 1PM-2:30PM Open Gym*	6 Chair Yoga 9:30AM & 11AM Lunch 11AM-2PM Open Gym*
9 Chair Yoga 9:30AM & 11AM Lunch 11AM-2PM Open Gym*	10 Chair Yoga 9:30AM Only "Happy Knitting" 10am-11am Lunch 11AM-2PM Tai Chi 11:30AM Open Gym*	11 Chair Yoga 9:30AM & 11AM Lunch 11AM-2PM Open Gym*	12 Bingo 10AM-11AM Lunch 11AM-2PM Tai Chi 11:30AM Open Gym*	13 Chair Yoga 9:30AM & 11AM Lunch 11AM-2PM Open Gym*
16 Chair Yoga 9:30AM & 11AM Lunch 11AM-2PM Open Gym*	17 Blood Pressure Check 9:30AM Chair Yoga 9:30AM Only "Happy Knitting" 10am-11am Lunch 11AM-2PM Tai Chi 11:30AM Open Gym*	18 Chair Yoga 9:30AM & 11AM Lunch 11AM-2PM Open Gym*	19 Lunch 11AM-2PM Tai Chi 11:30AM Open Gym*	20 No Chair Yoga Today Lunch 11AM-2PM August Birthday & Anniversary Celebration 12pm Open Gym*
23 Chair Yoga 9:30AM & 11AM Lunch 11AM-2PM Open Gym*	24 Chair Yoga 9:30AM Only "Happy Knitting" 10am-11am Lunch 11AM-2PM Tai Chi 11:30AM Breast Cancer Support Group 1PM-2PM Open Gym*	25 Chair Yoga 9:30AM & 11AM Lunch 11AM-2PM Open Gym*	26 Bingo 10AM-11AM Lunch 11AM-2PM Tai Chi 1:30AM Music Hour 12PM-1PM  Open Gym*	27 Chair Yoga 9:30AM & 11AM Lunch 11AM-2PM Open Gym*
30 Chair Yoga 9:30AM & 11AM Lunch 11AM-2PM Open Gym*		*Open Gym Hours Mon-Thurs. 8AM-8:50AM & 2:30-4:30PM Fridays 9AM-4PM		Call us for more information  (305) 805-5160

MIAMI SPRINGS ADULT COMMUNITY CENTER

SERVICES and ACTIVITIES

Residents of Miami Springs and Virginia Gardens, age 55+ are eligible to become members of the Miami Springs Adult Community Center by filling out a few simple forms. Members participate (at no cost) in a variety of services and activities offered at our new state of the art facility.

CONGREGATE MEALS:

Hot lunch meals are served weekdays from 11:00 a.m.--2:00 p.m. for members age 60+ to assist in maintaining a nutritionally balanced diet and to provide opportunities to engage and socialize with peers.
*Guests under 60 years of age are able to enjoy a meal for \$4.83 per meal.

➤ HEALTH SUPPORT ACTIVITIES:

Must be registered with the Miami Springs Adult Community Center to participate in the following:

- **CHAIR YOGA**

(Instructor: Vanessa Duenas)
Mondays, Tuesdays, Wednesdays,
Fridays: 9:30am-10:30am.
Mondays, Wednesdays, Fridays:
11:00am-12:pm

*Located in the Betty Bray Fitness Room

- **TAI CHI**

(Instructor: Judd Zisquit)
Tuesdays and Thursdays:
11:30am—12:30 p.m.

*Located in the Betty Bray Fitness Room

- **GYM TRAINING**

(Instructor: Liliana Silva)
Gym Training classes fill up quickly so
advance registration is required!

Monday- Thursday:

9:00am - 9:50am

Group Training Advanced

10:30am – 11:20am

Group Training Intermediate

12:00pm – 12:50pm

Group Chair Beginning

1:30pm – 2:20pm

Free Style All Levels

- **OPEN GYM**

(No Instructor)
Monday-Thursday:
8:00AM-8:50AM &
2:30PM-4:30PM
Friday: 9am-4pm



TRANSPORTATION:

Daily pick up and drop off utilizing the center's 18 passenger bus, is provided to members upon request.

NEW THIS MONTH

- **HAPPY KNITTING** every Tuesday from 10am to 11am.
- **Monthly Blood Pressure Check** is back this month! Tuesday, August 17th at 9:30am.
- **Breast Cancer Support Group** on Tuesday, August 24, 1PM-2PM

Personal Care Closet

The Miami Springs Adult Community Center operates a Personal Care Closet for resident 55+ with items like incontinence supplies, shampoo, conditioner, body wash, lotion, toothpaste, toothbrushes, feminine products, first aid supplies, flushable wipes, etc. Items are available free of charge for those who need it.

Please see any office staff if you'd like to visit our Personal Care Closet.

Donations of the above items are always welcome!
Thank you!

Loan Closet



The Miami Springs Adult Community Center operates a Loan Closet from which people can borrow durable wheelchairs, walkers, canes, etc. The Lending Closet is particularly useful for older adults who are recovering at home after surgery or illness. Items can be borrowed for a period of three months. Extended borrowing periods can sometimes be accommodated, if our inventory permits. This is a free service to our community however appointments must be made to borrow, return or donate equipment.

For more information or to make an appointment, please call our Administrative Offices at (305)805-5160.

For more information on any of the services, activities, or special programs offered please contact us at (305) 805-5160.

happy birthday

HAPPY Anniversary!

Celebrating
ALL AUGUST

Birthdays & Anniversaries

Friday, August 20th, 2021

Thank you to this month's sponsor,

*Liliana Ferrandi,
Realtor, The Keyes Company*

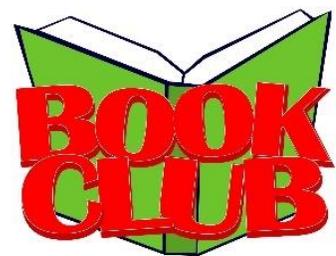


Thursday,
August 12th, 2021
10am-11am

&

Thursday,
August 26th, 2021
10am-11am

Located in the Rebeca Sosa Dining Room



This month's book:
Little Fires Everywhere
Author: Celeste NG

Thursday,
August 5th, 2021
1pm-2:30pm
in the Bryan Avila Room

Please R.S.V.P.
by Aug. 2nd